

WOMAN'S VARIED INTERESTS

"Vegetable" Soups Made of Fruit

Common Sense Recipes for Trying Midsummer Weather.

By JEANNETTE YOUNG NORTON.

VARIETY is the spice of good cooking, and it keeps one's brain active to see that the spice does not lose its savor. Not that there are not enough vegetables to go around if they are cooked in different ways, but there is something peculiarly attractive about fruits cooked in the vegetable fashion that makes one sorry that there are not more kinds to use for this purpose. But when one gets the habit one is apt to try all kinds of combinations, and the result is the creation of many delicious dishes.

The apple appears in many guises besides apple sauce to go with the roast pork in season and the fritters to go with lamb chops. In cooking the red cabbage, for instance, four big apples are pared, cored and chopped to go with it and a bottle of cooking claret is added, and when done it is drained and seasoned and the apple gives it a delicious flavor. Then, again, the apple sauce is used with mashed potato sprinkled with bread crumbs and baked in the oven. And those who wish to investigate will find the following recipes well worth trying:

Apple Soup.
Peel and quarter two pounds of good boiling apples, put them into two quarts of good stock and stew them until they are tender, rub through a strainer, add the seasoning and serve. Toasted bread squares or squares fried in butter then drained are good with this soup.

Sliced Fried Apples.
Cut the apples in thick slices after

Midsummer Modes



THIS smart riding habit to be worn by a distinct modern young horsewoman is made of green broadcloth. (Model by Hertz.) There is distinction in the two buttons that fasten the flaring coat that almost suggests the circular skirts of the season.

Below to the left is shown a model from George Bernard, charming for its extreme simplicity, made of white silk net over white satin hemmed in a deep petal effect. The net is edged with a binding of narrow white ribbon, and flowers applique are made of white satin with centres of yellow silk French knots. Leaves of pale green ribbon drop from the flowers. The white satin girdle has a heading of green net and streamers of white satin ribbon.

Summer Silks

MORE fascinating than usual are the new silks for summer gowns. Every variety in black and white is shown in stripes, checks, white silk with black borders in butterfly patterns with flower sprays and checked or graduated stripes.

Bordered Taffets.

In Pussy Willow Taffets, there are checks with spaced disks or flower sprays in all colors as well as the black and white, while the pure white silks with gorgeous butterfly borders are very new and especially attractive. These silks are not only reasonable in price, but they may be laundered like cotton, which is a wonderful recommendation for them.

Voiles Which Are Durable.

The Indestructible Voiles, also washable and famous for their excellent wearing qualities, may be had in nearly all of the silk designs, and, made over contrasting colored silks, the patterns stand out well.

These silks and voiles are quite as unusual as any that have ever been imported in previous seasons from abroad, and all American women should feel proud of the American creations and should order them in preference to all others, thereby helping to establish more firmly the fashion produced "Made in America."



The Franco-Prussian War Taught French Women to Save. Will Only War Teach American Women Economy?

The Domestic Efficiency Expert of the Housewives' League Says That Strict Economy Is a Marvellous Indoor Sport.

By Aliss Franc.

"CHEAPNESS never made a bargain; economy, no matter how much you have to spend," says Mrs. Theodora Richards, efficiency expert of the Housewives' League, whose headquarters are at 25 West Forty-sixth Street. A touch of paradox drives her point home.

"The American woman doesn't want to be thought 'mean,' so she doesn't economize. To save money by careful buying takes trouble. And she doesn't like trouble. Why, a French woman could run a household on what the average American household wastes." Mrs. Richards, efficient from finger tip to tongue's end, looking every inch her title of expert, makes the indictment. Then for a moment she relaxes.

Economy an Indoor Sport.
"Perhaps," she says, "if the utter foolishness of waste were a lesson from kindergarten on the cost to the home that the girl who misses that fundamental lesson incurs would not be so shockingly great."

"If, like me, they had been made to think about that question from early youth they would have a fairer vision of economy, not as a hardship but as a woman's great household game. 'And it is that,' she said; 'just that—and a great deal of fun when you do it well. It is a thing we should play at here in the city particularly, for city life is most deteriorating. It is at once too alluring, and a state of satisfaction is not to be reached. It is the metropolitan mirage.

"Women in the country have freedom of space, and with freedom of body they fall naturally into an expansive-ness of mind that doesn't come to the lady of a bandbox apartment. How can women be good housekeepers in little city flats? They are things that inspire restlessness. They inspire to a state of moving in and moving out and moving in again, and peace never comes to them under their diminutive roofs. All that is the matter is that they are cooped up. But they don't realize that."

Baker's Bread a Menace.

"Why are women living alone so unkind to themselves?" asks Mrs. Richards. "Why should men in a family seem the only thing to cook for? 'Women come home tired and almost too worn out to eat—and what nourishment do they give their poor

starved bodies? Bread and butter and a cup of tea—invariably! And at that baker's bread! If women only knew the harm baker's bread did them—and bread is so simple to bake at home. You should see the loaf I baked this morning," she added reflectively, a gleam of pride in her eye.

"No time!" I murmured.

French for Rag.

"Why, women waste much more time than it would take to bake their bread over other things from which they get absolutely no results. Look at the thousands of women who will spend a whole morning at the bargain counters buying a blouse for a dollar or so which is not fit to wear. I specially mention blouses, as they seem to grow up like blades of grass. Yes, chiffon blouses at \$1.50! Chiffon is the French for rag, and rags they truly are," she added grimly. "Why don't the women buy a few yards of stuff and sit at home and make themselves a little waist during the time they have been standing at the bargain counter getting irritated and nervous—one of a large crowd. It makes me sad when I think that in many cases these little blouses do not last the time it has taken to earn the money to pay for them. The result, too, is that women have no individuality in their clothing; everything they have on looks as if it came out of the same shop."

"And underclothing! Sometimes I feel tempted to buy a little shop made nightgown, but I examine it closely and I see that it would perhaps last a hundredth part of the washings my home-made one will do, and then, too, this will be one I should be afraid to be found dead in in the morning." I smiled.

"But it is certainly a factor to be reckoned with," she affirmed.

"The money that is wasted on clothes! Look at our streets—there comes a change of fashion and, presto! every woman, instead of wearing a narrow-sleeved coat, wears a wide-sleeved one. I always ask myself



Mrs. Theodora Richards, who finds the problem of women who have to market with very little money for very hungry men big enough for the best brains in America.

Mrs. Richards Concludes:

"Food is as important as medicine in the preventing of disease."
"Soda fountain waste is mad American extravagance."
"There is tragedy in the narrow-sleeved coats of yesterday. Where do they go? Where?"
"Bandbox apartments squeeze the souls of their housekeepers."
"Metropolitan life is only a mirage—the country woman has room for her soul to grow and work in."

what happens to those thousands and thousands of narrow-sleeved coats? Doesn't it seem ridiculous to throw away a perfectly good garment because fashion decrees it should be done? Imagine what this means to the wage-earner, who certainly is not in a position to afford such luxuries.

"Every child should be taught at school how to make its own clothes. They should learn how to do everything properly, at least, for even should they never have it to do themselves, only thus can they gain the respect of those who work for them and direct their own households."

"Why do our women waste so much money at soda fountains? If they only counted up the daily sums spent there in one year, drinking beverages of whose origin they know absolutely nothing—origin perhaps they would not drink them! If they have no time for a meal, why do they not swallow down a raw egg—it is just like swallowing an oyster—and they would have something sustaining and nourishing."

Mrs. Richards' lectures each week at the National Housewives' League. No admission is asked, and all housekeepers are invited. Although her lectures are founded on scientific facts, she keeps them free from all scientific terms, so that all classes of housewives can understand them and go home and do exactly as she has shown them. Titles for her coming lectures are:

"Food Versus Medicine as a Preventive of Disease," "How to Market and Cook a Dinner at Small Cost for Women Who Have Hungry Men to Feed," "How to Save 25 Per Cent of One's Marketing and Get the Same Results," "Attractive Menus at Small Cost," and "Luncheons for Six at a Dollar Apiece."

Pot Luck at the Country Home

The True Hostess Can Create Something from Nothing and Build an Elaborate Good Time Out of Simplicity.

AS the hostess in nearly every country home entertains neighbors, stray visitors or motor guests from town on Sunday evenings, a few suggestions for the informal supper may be timely.

One hostess has provided herself with several dozen lightweight wicker trays for individual service of supper on the lawn or veranda. These are followed by platters of sandwiches and baskets of little cakes. Sliced nuts or bon bons are passed by the younger members of the casual party.

A third country place hostess serves an electric supper every Sunday night on her cozy veranda. Toast and toast-constitute the menu. Everything has been arranged on the table by the maid. The electrical appliances need only to be attached, and supper is served.

The wise hostess will aim to do away with all the customs of winter service and use simple china and plain linen, also substituting wicker baskets and trays in lieu of heavy silver.

On a certain attractive lawn, where huge colored umbrellas shade seats and cosy tables, these fascinating flat trays are utilized for several purposes at the frequent al fresco suppers.

At the different tables, arranged in most attractive and unusual ways, one will find the substantial, meats and salads; at another, the sandwiches and relishes; then the drinks, with glasses,

A Little Girl with a Bundle Will Give Six More Fresh Air

Impressed by One of The Tribune's Guests Hurrying to Get a Train, a Busy Man Takes Time to Send Relief.

Do you believe that the children of the tenements are in crying need of country outings?

The Tribune Fresh Air Fund has been telling you day after day in this column that they do. If you have read these daily appeals for the sons and daughters of the poor and still question the need, go look at the children in the tenement streets.

Here is a letter from a man who reversed this process. Possibly if you see the matter through his eyes you will be more ready to believe.

"July 14, 1915.
"The Tribune, New York City.
"Gentlemen: Passing down Cortlandt Street a few minutes ago, I ran foul of a group of emaciated kiddies, staggering under bundles of all kinds and descriptions. One little girl had dropped her bundle and was crying as I picked it up for her. I noticed she wore a tag of The Tribune Fresh Air Fund. The result has been my purchasing to-day's Tribune and reading of what your Fresh Air Fund is for \$10, and am very sorry I cannot make it more; but the crying need for assistance has kept me pretty well dead since this caused war began. Still, in view of what you published today about the kiddies—in view of the puny, pale-eyed specimens of humanity I have just seen—I feel it is up to me to squeeze out \$10 somewhere to assist in rescuing some child from the floodtide of human misery for a few happy days."

"Yours very truly,
"R. E. CROLEY."
It was a Tribune party of one hundred children bound for the Pennsylvania vacation places that the writer saw on Wednesday morning as they trudged along on their way to the ferry. The little lass whose bundle he picked up was weeping because she had difficulty in keeping up with the procession and was afraid she would miss the train—and her vacation.

It was hot, hot, hot in the tenements last night—it was even stifling in your own home.
But the lucky hundred who toddled down Cortlandt Street the other morning missed the worst of the night's heat and all of the morning's suffocating heat of their tenement homes, for

MRS. PANKHURST DEMANDS WORK

Says Women of England Are Ready to Replace Men Able to Fight.

[By Cable to The Tribune.]
London, July 15.—Mrs. Pankhurst, speaking at a great meeting of women to-day, formulated demands which will be made upon Lloyd George, Minister of Munitions, on Saturday.

First, the government must provide means by which women can be trained so their services may equal in value to the state those of men. For this it is asked that all colleges and technical universities be placed at women's disposal during vacation.

Secondly, the government must take on itself the responsibility of opening special factories for women to work upon munitions.

Thirdly, the government, without exception, must replace all men engaged in munition work, by capable military service, but capable of military service.

Mrs. Pankhurst stated that she believed it a good augury for the success of these demands that Lloyd George was going to give a reply, not merely to the deputation, but to the body of processionists. She said to The Tribune's correspondent: "We have an inexhaustible supply of women workers, and we want to convince the men that this is not a war as much as theirs. This is our war as well as theirs."

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UPTON AND META EACH SCORE POINT

Divide Legal Honors in Fight for Possession of Their Son.

[By Telegram to The Tribune.]
Gulfport, Miss., July 15.—Upton Sinclair and his divorcee wife, Mrs. Meta Fuller Sinclair, whose "free love" escapades won her national notoriety, both scored in Chancery Court here, in the fight for possession of their son, David. A motion filed by Sinclair to assess the costs on Mrs. Sinclair was allowed. A motion by counsel for Mrs. Sinclair allowing her to amend her petition was also sustained.

The court ordered that the amended petition shall not be filed until a cash bond of \$50 or a security bond of \$100 is given by the petitioner. The bond for cost is a small consideration, the costs of depositions and court costs are expected to run into hundreds of dollars.

So far Mrs. Sinclair has won every contested point.

U. S. GIVES BELGIANS \$400,000 EACH DAY
Americans Supporting 7,000,000 Refugees—No Food Shortage in Germany, Says Bicknell.

Washington, July 15.—Ernest P. Bicknell, national director of the American Red Cross, who has been supervising the Rockefeller Foundation activities throughout the European war zone, and who returned here to-day, says a German inventory of the food supply lately shows no shortage, present or prospective, and that in Serbia, where there is much destitution,

there is a considerable food shortage, but conditions are improving and the situation is encouraging throughout the war area.

LENOX JUNIORS AT TENNIS

Josephine De Gersdorff and J. L. Rochester Win Doubles.

[By Telegram to The Tribune.]
Lenox, Mass., July 15.—Miss Josephine De Gersdorff and John L. Rochester won the Lenox Junior Tennis Association's championship cups for mixed doubles this morning by defeating Miss Grace Bristed and Theodore L. Evans, 7-5, 6-3.

Mr. and Mrs. William B. Osgood Field and Mr. and Mrs. Grand Foster gave exhibitions of the work of distributing food in Belgium. That really represents the gift of the United States, except for the small amounts of Canadian and Australian wheat.

Mme. Emilio De Gersdorff, of New York is visiting Mr. and Mrs. William B. Osgood Field.

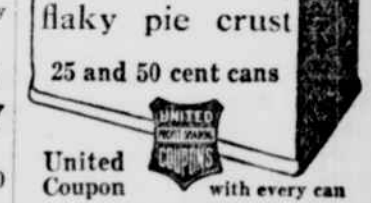
Charles Astor Bristed has organized a party to go to Plattsburg, N. Y., for military training from August 10 to September 6. Samuel Frothingham, Francis Stanton Blake, of Lenox; Brainard Mears and E. J. Shepard, of Williamstown, will go.

Lieutenant Governor Grafton D. Cushing, of Boston, is a guest of Mr. and Mrs. J. Woodward Haven, in Stockbridge.

Mr. and Mrs. Grand Foster gave a dinner party at Lenox to-night, entertaining Prince Hohenlohe and Baron Steven De Hendri, of the Austrian Embassy.

Dr. and Mrs. Henry P. Jacques have given a contract for a \$25,000 cottage to the Lenox Junior Tennis Association.

Mr. and Mrs. J. S. Bache and Miss Kathryn K. Bache have gone to their camp at Saranac, N. Y.



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